



TOWN OF BROOKHAVEN

DEPARTMENT OF PARKS, RECREATION & SPORTS AND CULTURAL RESOURCES

# YOGA

This class offers a balanced approach to yoga consisting of physical postures, breathing exercises, and relaxation to help restore physical, mental and emotional health and well being. Wear comfortable clothing and bring a mat, blanket, or pillow to sit on.

## ROBERT E. REID, SR. RECREATION CENTER

DEFENSE HILL ROAD & ROUTE 25A, SHOREHAM, NY 11786

## MONDAYS | 5:45PM - 6:45PM

SEPTEMBER 16, 23, 30, OCTOBER 7, 14, 21, NOVEMBER 4, 18

*PRE-REGISTER BY THURSDAY, SEPTEMBER 12, 2019*

## \$45.00 PER 8-WEEK SESSION

CALL 631-744-2601 FOR MORE INFORMATION OR TO REGISTER.



\* Acceptable payments include check, money order & credit card.

\* No cash payments accepted.

\* All cancellations, except by the Town, are subject to a 15% administrative handling fee.



Visit us on the web:

[www.BrookhavenNY.gov](http://www.BrookhavenNY.gov)

[www.Facebook.com/BrookhavenParks](https://www.Facebook.com/BrookhavenParks)

Edward P. Romaine, Supervisor

Edward P. Morris, Commissioner

### TOWN COUNCIL

Valerie M. Cartright, District 1

Jane Bonner, District 2

Kevin J. LaValle, District 3

Donna Lent, Town Clerk

Louis Marcoccia, Receiver of Taxes

Daniel P. Losquadro, Superintendent of Highways

631-451-TOWN

Michael Loguercio, District 4

Neil J. Foley, District 5

Daniel J. Panico, District 6